



OC Meet-Up Groups followed:

ESBC : Endless Summer Beach Club <http://www.endlesssummerbeachclub.com/>

OCHC : OC Hiking Club <http://www.meetup.com/OC-HIKING-com/>

OCRMG : OC Runners Meet-up Group <http://www.meetup.com/ocrunners/>

SR : Social Runners <http://www.meetup.com/SocialRunners/>

WS : Water & Snow <http://www.meetup.com/SocialRunners/>

TLVT : Tri-La-Vie-Triathlon for Women <http://www.meetup.com/Tri-La-Vie-Triathlon-Training-for-Women/>

OCBR : OC Bicycle Riders United <http://www.meetup.com/rides-bicycle-orange-county/>

To learn more visit:
www.meetup.com

OCTC : OC Tri Club <http://www.octriclub.com/>

July

Day	Time(s)	Group(s)	Event(s)
1	6:15pm	HikingOC.com	Peters Canyon Hiking
2	5:30pm	Whole Body Fitness	The Newport Back Bay Outdoor Exercise Class
3	6am/7:30am 7:30am 7:30am 9:00am	Whole Body Fitness	Mary Castle Memorial 21st Annual Firecracker 5k &10K Run Lake Forest Firecracker 5K Run/Walk La Palma Fitness Run for Fun The Newport Back Bay Outdoor Exercise Class
4	7:00am 7:15/8:15am		South Coast YMCA Run in the Parks 4th Annual Freedom Run at the Ranch
5	5:30pm 6:30pm	Whole Body Fitness OC Runners	The Newport Back Bay Outdoor Exercise Class Irvine Run
6	6:00pm	OC Runners	Newport Beach Run
7	5:30pm	Whole Body Fitness	The Newport Back Bay Outdoor Exercise Class
8	6:15pm		Peter's Canyon Summer Trail Series
9	5:30pm	Whole Body Fitness	The Newport Back Bay Outdoor Exercise Class
10	9:00am	Whole Body Fitness	The Newport Back Bay Outdoor Exercise Class
11	10:00am	Whole Body Fitness	Newport Jaycees Exercise Workshop at the Newport Back Bay

12	9:00am 5:30pm 6:30pm	Whole Body Fitness OC Runners	<u>OC Fair 5k Series</u> <u>The Newport Back Bay Outdoor Exercise Class</u> <u>Irvine Run</u>
13	6:00pm	OC Runners	<u>Newport Beach Run</u>
14	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
15	6:15pm	HikingOC.com	<u>Peters Canyon Hiking</u>
16	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
17	7:00am 9:00am	Whole Body Fitness	<u>San Clemente Ocean Festival 5K</u> <u>The Newport Back Bay Outdoor Exercise Class</u>
18	7:00am		<u>Cadillac Steve's Trail Marathon & Half Marathon</u>
19	5:30pm 6:30pm	Whole Body Fitness OC Runners	<u>The Newport Back Bay Outdoor Exercise Class</u> <u>Irvine Run</u>
20	6:00pm	OC Runners	<u>Newport Beach Run</u>
21	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
22	6:15pm	HikingOC.com	<u>Peters Canyon Hiking</u>
23	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
24	7:30am 9:00am	Whole Body Fitness	<u>City of Cypress 5K & 10K Run/Walk</u> <u>The Newport Back Bay Outdoor Exercise Class</u>
25	8:00am		<u>Paws For Cause 5K, 5K Dog Run/Walk & 1K Kids Fun Run</u>
26	5:30pm 6:30pm	Whole Body Fitness OC Runners	<u>The Newport Back Bay Outdoor Exercise Class</u> <u>Irvine Run</u>
27	6:00pm	OC Runners	<u>Newport Beach Run</u>
28	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
29	6:15pm	HikingOC.com	<u>Peters Canyon Hiking</u>
30	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
31	9:00am	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>

August

Day	Time(s)	Group(s)	Event(s)
1			
2	5:30pm 6:30pm	Whole Body Fitness OC Runners	<u>The Newport Back Bay Outdoor Exercise Class</u> <u>Irvine Run</u>
3	6:00pm	OC Runners	<u>Newport Beach Run</u>
4	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
5	6:15pm		<u>Peter's Canyon Summer Trail Series</u>
6	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
7	9:00am	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
8			
9	9:00am 5:30pm	Whole Body	<u>OC Fair 5k Series</u> <u>The Newport Back Bay Outdoor Exercise Class</u>

	6:30pm	Fitness OC Runners	<u>Irvine Run</u>
10	6:00pm	OC Runners	<u>Newport Beach Run</u>
11	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
12			
13	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
14	9:00am	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
15			
16	5:30pm 6:30pm	Whole Body Fitness OC Runners	<u>The Newport Back Bay Outdoor Exercise Class</u> <u>Irvine Run</u>
17	6:00pm	OC Runners	<u>Newport Beach Run</u>
18	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
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20	5:30pm	Whole Body Fitness	<u>The Newport Back Bay Outdoor Exercise Class</u>
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31	6:00pm	OC Runners	<u>Newport Beach Run</u>